

2010 Summer
Junior Olympic Championships
July 29 – August 1st, 2010
Hosted by
NITTANY LION AQUATICS



Nittany Lion

A Q U A T I C S

Held Under the Sanction of Middle Atlantic Swimming

Meet Sanction MA 10108 AG

Time Trials Sanction MA 10108 TT

Meet Site Director: Grant Forrest
Safety Director: Marylou Houck
Meet Manager: Grant Forrest
Meet Referee:
General Chair:
Age Group Chair:
Administrative Chair:
Officials Chair: Fred Killian
Middle Atlantic Office: (302) 429-6288 office@maswim.org



MIDDLE ATLANTIC SWIMMING

Notes on the 2010 Long Course Junior Olympics

- 🐬 Swimmers who qualify for FINALS and do not compete are disqualified from participation in the remainder of the meet; Swimmers who qualify for FINALS on their last meet day and do not compete are subject to a \$50 fine. These penalties do not apply if the swimmer has appropriately scratched at Prelims, or is originally listed as an alternate.
- 🐬 10 & Under events and 15-19 events are TIMED FINALS; most 11-12 and 13-14 events are Prelims/Finals and will have both A- and B- Finals.
- 🐬 All Swimmers, including relay-only swimmers, must be entered into the meet prior to the entry deadline.
- 🐬 Swimmers are limited to three (3) individual events each day and ten (10) total events.
- 🐬 Swimmers eight (8) years and younger may enter 10 & Under events if they have achieved the event qualifying time.
- 🐬 All 10 & Under Relays and 15-19 Relays will swim in the afternoon. The top eight (8) seeded relays (after check-in) for 11-12 and 13-14 will swim at Finals. All other relays will swim during the Prelims sessions. Each relay must have at least 1 swimmer entered in the meet in an individual event swim on the relay. You can't enter relays entirely composed of relay only swimmers.
- 🐬 All Thursday evening swimmers and relays must provide their own Timers. Swimmers in the 800 Free must also provide their own lap counter.
- 🐬 BONUS EVENTS will be allowed at this meet. Any swimmer having a qualifying time in one event may enter one additional event; any swimmer having two or more qualifying times may enter two additional events. Bonus events are included in the limit of three (3) individual events each day and ten (10) individual events for the meet. Swimmers must have an entry time to swim any bonus event. Bonus swims in events 400 meters or longer will be at the discretion of the Meet Director.
- 🐬 'Fly-over' starts will be used at the morning and afternoon sessions.
- 🐬 The 11-12 400 IM is a Timed Finals Event. The top 8 seeded swimmers (after check-in) will swim at night. All other remaining swimmers will swim in pre-lims, swimming fastest to slowest.

LOCATION	The meet will be held at the McCoy Natatorium on the campus of The Pennsylvania State University, Curtin & Bigler Roads, University Park, PA. The Penn State campus is approximately 1-1/2 hr from Harrisburg and 3-1/2 hr from Philadelphia.																			
FACILITIES	<p>The Natatorium is a 50-meter heated, outdoor 8-Lane facility. Pool depth at the starting end is 12' 6" and at the turn end is 4'-6" feet. The 50m outdoor pool is not record certified for USA swimming.</p> <p>A separate indoor 25yd pool will be available for warm-up and swim down during the meet. The pool has Non-turbulent lane markers and a CTS 5 Timing System.</p> <p>PARKING: Available in parking decks near the Natatorium. Penn State University controls all parking and fees. Additional lots near the Bryce Jordan Center may have unrestricted parking. Please read restriction signs carefully.</p> <p>FOOD: A limited selection of food and swimming apparel will be available throughout the meet.</p>																			
MEET DIRECTOR	Grant Forrest 103 Honors Lane, State College, PA 16803 814-594-4646 e-mail grant.forrest@comcast.net																			
SAFETY DIRECTOR	MaryLou Houck: Emergency phone day of meet only 814-594-4646. MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.																			
OFFICIALS	Middle Atlantic Officials will be contacted via e-mail prior to the Meet to determine their availability. All officials are urged to work when present at the Meet.																			
ELIGIBILITY	<p>All swimmers must be currently registered with USA Swimming. The meet is limited to Middle Atlantic registered swimmers only.</p> <p>Age Group is determined by the swimmer's age as of July 29, 2010.</p> <p>Each swimmer may compete in a maximum of three (3) individual events and one (1) relay per day; swimmers are limited to ten (10) total individual events in the meet.</p> <p>Bonus events will be allowed in this meet; any swimmer having a qualifying time in one event may enter one (1) additional event; any swimmer having two or more qualifying times may enter two (2) additional events. Bonus events count towards the daily and total meet entry limitations. You can't enter a bonus event with a NT</p> <p>Qualifying times must have been achieved on or after January 1, 2009.</p> <p>Entry times (for non-Bonus events) must be equal to or faster than the Qualifying Times shown in the attached Tables. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet or a Middle Atlantic Accepted meet. YMCA and high school times are not acceptable unless that particular meet was granted one of the above statuses. Penalties will be imposed upon the swimmer when any coach, parent or swimmer enters a time other than the swimmer's best time for any particular event, and could cause the swimmer to be suspended from competition for a minimum of three months, but not more than one year. Further violations by a coach or parent could result in that person being forbidden to participate in, or attend, USA Swimming functions.</p>																			
ENTRY LIMITATIONS	The Meet Director reserves the right to limit the number of heats in certain events, or to limit the number of entries per swimmer, or to otherwise modify the meet format, in order to run the meet in a timely manner.																			
WARM-UP & START TIMES	<table border="0"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Start</th> </tr> </thead> <tbody> <tr> <td>Thursday</td> <td style="text-align: center;">4:30 pm</td> <td style="text-align: center;">5:30 pm</td> </tr> <tr> <td>Friday-Sunday</td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;">11-12, 13-14 Pre-lims</td> <td style="text-align: center;">6:30 am</td> <td style="text-align: center;">8:00 am</td> </tr> <tr> <td style="padding-left: 20px;">15-19, 10&under TF</td> <td style="text-align: center;">11:30 am</td> <td style="text-align: center;">12:30 pm</td> </tr> <tr> <td>Finals</td> <td style="text-align: center;">4:30 pm</td> <td style="text-align: center;">5:30 pm</td> </tr> </tbody> </table> <p>The afternoon sessions will begin no earlier than the above times, depending on the length of the morning sessions. Finals times may be delayed depending on the length of the afternoon sessions. Breaks will be taken during finals to present awards.</p>		Warm Up	Start	Thursday	4:30 pm	5:30 pm	Friday-Sunday			11-12, 13-14 Pre-lims	6:30 am	8:00 am	15-19, 10&under TF	11:30 am	12:30 pm	Finals	4:30 pm	5:30 pm	
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<p>RELAYS</p>	<p>All Relays are Timed Finals and will be deck seeded. All 15-19 and 10 & Under Relays will be swum during the afternoon session. The top eight (8) seeded 11-12 and 13-14 Relays will swim at Finals; all other Relays will swim at the end of the Prelims sessions. The ‘Sunday Relay’ Rule will be in effect for teams wishing to swim their relays in the Prelims Session.</p> <p>A swimmer does not have to be entered in an Individual Event at the Meet in order to swim on a Relay, but all relay swimmers must be entered in the meet prior to the entry deadline. Only two (2) Relays from a Team will score in an event, although additional Relays may be entered. Relays can’t be comprised entirely of relay only swimmers. All relay cards must be returned to the Admin Referee at a designated time during each Prelims session. Failure to do so will result in a relay not being seeded. Relays seeded in the top-8 are expected to swim at Finals unless an alternate relay is found.</p>
<p>DECK ENTRIES</p> <p>TIME TRIALS</p>	<p>Deck entries will not be accepted.</p> <p>Time Trials will be available after each session on Friday, Saturday and Sunday, time permitting, or at other times determined by the Meet Referee. \$10.00 per individual swim, \$20.00 per relay. Middle Atlantic Time Trials policy will be followed. Time Trials Events count in the total allowable events to be swum in one day. Time Trial results can be used for entry to the Eastern Zone LC Championship Meet.</p>
<p>SEEDING & FORMAT</p>	<p>Positive check-in will be required for all events 400 meters and longer in order to be seeded. All events 200 meters and shorter will be pre-seeded; however, the Meet Director reserves the right to require positive check-in for certain 200 meter events if it is deemed necessary to keep the Meet within the allowable time limits. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event.</p> <p>Entry times must be submitted in the course in which they were achieved. All entries other than LC will be treated as Non-Conforming, and will be seeded according to USA Swimming Rules (i.e., they will not be converted and will be seeded AFTER all LC entry times.)</p> <p>The 11-12 and 13-14 age groups will have a B-Final and A-Final, swum in that order, in all events except those listed as Timed Finals.</p> <p>The 12 & Under 400 Free and the 800 Free on Thursday will swim fastest to slowest, alternating Girls and Boys. All swimmers in Thursday’s events, including the 800 Free Relay, must provide their own Timer. All swimmers in the 800 Freestyle events must provide their own counter.</p> <p>The 1500 Free on Sunday will swim fastest-to-slowest, alternating Girls and Boys, except for the fastest heat of each gender (13-14 age group), which will swim at Finals. All swimmers in the preliminary and timed final heats of the 1500 Free must provide their own Timer and counter.</p> <p>The 11-12 400 IM is a Timed Final event. The top 8 seeded swimmers after positive check-in will swim at night; everyone else will swim in pre-lims, fastest heat to slowest heat.</p> <p>Fly-over starts will be utilized at both morning and afternoon sessions in order to facilitate the running of the meet, except when Backstroke starts are used. Swimmers should remain in the water until after the start of the next heat.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session, and will be assigned to a Team for that session.</p>
<p>HOW TO ENTER</p>	<p>All entries should be prepared using Hy-Tek Team Manager or a compatible program. Send a computer file containing your entry information, a Hy-Tek entry report, the Meet Summary Sheet and your check to the Meet Director. An e-mailed entry MUST contain the name of the Team and a contact person, along with the number of swimmers, the number of individual events and the number of relays in the text of the e-mail. The entry file from TM in MS Word document MUST be attached. Entries received without this information will be returned. Bonus events should be marked in the entry file.</p> <p>Please waive the ‘signature required’ if your entry is sent via a postal service that offers one. Do</p>

	<p>not send a disk if entries are e-mailed to the Meet Director.</p> <p>If use of a Hy-Tek compatible program is not possible, the attached Entry Form must be used. A fee of \$5.00 per swimmer will be charged to any team that enters five (5) or more swimmers and does not use a computer entry.</p> <p>Entries sent with 'No Time' will be rejected. All entries must be submitted in the Course in which they were swum. Entries based on SCM or SCY will be seeded as non-conforming; a swimmer may choose which best time in either course to enter.</p>
ENTRY FEES	\$5.00 per individual event. Relay entries \$10.00 per relay team. \$5 per swimmer surcharge.
SEND ENTRIES TO	Grant Forrest 103 Honors Lane, State College, PA 16803 814-594-4646 e-mail grant.forrest@comcast.net
ENTRY DEADLINE	<p>All entries must be received by 5 PM, Monday, July 19, 2010</p> <p>No late entries will be accepted. <u>Entries will not be processed without full payment.</u> Payment for all entries must be received by Friday, July 23, 2010.</p>
RULES	<p>This meet will be conducted according to current USA Swimming rules and Middle Atlantic Swimming practices. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Warm-ups are subject to the following procedures: No diving during warm-up except in designated sprint lanes. Pool entry during warm-up s must be from the end of lanes only. The Referee may remove anyone from the warm-up for failure to comply with appropriate warm-up rules and procedures.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and registered essential meet personnel will be permitted on deck within 10' of the pool edge. All coaches must display their 2010 USA Swimming Coach Membership Card. Officials and meet personnel must display their 2010 Non-Athlete Membership Card. This requirement will be strictly enforced! This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p>
SCRATCH POLICY	<p>Any swimmer who does not swim a pre-seeded preliminary or timed-final event will not be penalized.</p> <p>Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</p> <p>Any swimmer who qualifies for Finals in a Prelims/Finals event and does not swim that event at Finals will be barred from the rest of the Meet (including relays) unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the Prelims results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention will not be scratched and will be seeded into the event and expected to swim. Swimmers initially announced as Alternates for the Finals heats will not be so penalized.</p> <p>A swimmer may take a Declared False Start in a Preliminary or Timed Final event, including deck-seeded events. At Finals, a Declared False Start, deliberate Delay of Meet False Start or other action to non-compete will be subject to the penalty for non-competition.</p> <p>Any swimmer that qualifies for and fails to compete in a Finals heat, or is seeded into a deck-seeded Timed Final heat that swims at Finals, and then fails to swim on the last night of competition (or that swimmer's final day of competition) will be subject to a \$50 fine. Such swimmer will be suspended from MA Championship or other MA hosted meets until the fine is paid.</p>
PROOF OF TIME FINES & DEADLINES	<p>Middle Atlantic Swimming will notify each Team regarding any swimmer on the Team who does not swim the qualifying time at the meet; those swimmers will be required to prove their entry time. If the entry time cannot be proven, a \$50 fine per event will be levied against the swimmer, to be paid within the time specified by Middle Atlantic. Swimmers not satisfying this requirement will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid. Bonus events are an exception to this policy.</p>

SCORING & AWARDS	Individual: 10& Under Medals 1-8 11-12, 13-14 Medals 1-8 Relays: 10&U, 11-12, 13-14 Medals 1-3 High Point Team: Combined, 2 nd place Combined, 3 rd place Combined Age Group: For each gender Individual: For each gender and age group Scoring for individual events 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 Scoring for relays 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 (a maximum of two relays per team per age group will score)
PROGRAMS & ADMISSION	Admission \$3.00 per day. Spectators 8 years of age and under will be admitted free. Finals- Free Admission. Programs: 3 1/2 Day- \$12.00 per program
RESULTS	Results will be posted on the Middle Atlantic website www.maswim.org and http://www.teamunify.com/Home.jsp?team=masbca
DIRECTIONS	Take Rt. 322 to the Penn State Exit (Park Ave). Turn onto Park Ave going toward State College, follow to third light (past stadium) at Bigler Rd. Turn left onto Bigler Rd. Pool is past the first stop sign, on the left.
ACCOMODATIONS	Days Inn, Penn State (814-238-8454) Ainslie Mclane (800-258-3297) 240 Pugh St, State College Motel 6 (814-234-1600), 1274 N. Atherton St., State College. Hampton Inn (814-231-1590) or (800-426-7866), 1101 East College Ave., State College. Holiday Inn Express (814-867-1800) 1925 Waddle Rd., State College Hampton Inn Suites (814-231-1899), 1955 Waddle Rd., State College Courtyard By Marriott (814-238-1881) or (800-321-2211), 1730 University Dr. State College. Autoport (814-237-7666) Business Route 322, State College. State College Inn (814-237-8005) S. Atherton St. & Branch Rd. State College. Ramada Inn (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College. Nittany Lion Inn (814-231-7500), 200 West Park Ave., State College. Nittany Budget Motel (814-237-7638), 1274 N. Atherton St., State College, \$39.95. Sleep Inn (814-235-1020), 111 Village Dr., State College. The Penn Stater, (Formerly Scanticon (814-863-5013), (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College. Residence Inn (814) 235-6960 1555 University Dr, State College, PA 16801 Please see State College information at http://www.happyvalley.com/

ORDER OF EVENTS and QUALIFYING TIMES

THURSDAY, JULY 29, 2010- Timed Finals

Warm up 4:30 PM – Start 5:30 PM

GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
1	12:07.59	10:36.69	10:47.99	13-14 800 Free	10:31.29	10:15.99	11:43.89	2
	11:55.89	10:26.49	10:41.89	15-19 800 Free	10:04.59	9:48.19	11:12.19	
3	6:48.39	5:54.59	6:06.79	10/U 400 Free	6:09.79	5:54.09	6:44.59	4
	5:59.29	5:13.79	5:32.29	11-12 400 Free	5:30.89	5:15.79	6:01.09	
5				13-14 800 Free Relay				6
				15-19 800 Free Relay				

Age groups will swim combined in the 800 Free, 400 Free and the 800 Free Relay and score separately. All events will swim fast to slow, alternating girls and boys.

All Thursday evening swimmers and relays must provide their own Timers; swimmers in the 800 Free must provide their own counter.

ORDER OF EVENTS and QUALIFYING TIMES

FRIDAY, JULY 30, 2010- Morning Prelims								
Warm up 6:30 AM – Start 8:00 AM								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
7	1:20.79	1:30.19	1:33.79	11-12 100 Breast	1:33.89	1:29.79	1:21.29	8
9	1:07.69	1:15.09	1:19.69	13-14 100 Back	1:15.59	1:11.69	1:04.89	10
11	2:14.49	2:30.39	2:39.69	11-12 200 Free	2:36.19	2:31.19	2:16.89	12
13	2:08.59	2:23.69	2:28.59	13-14 200 Free	2:24.99	2:23.89	2:03.59	14
15	31.59	35.19	36.79	11-12 50 Fly	36.79	35.29	31.89	16
17	1:06.69	1:14.29	1:17.59	13-14 100 Fly	1:12.69	1:10.79	1:04.09	18
19	2:35.09	2:51.59	3:00.69	11-12 200 Back	3:01.59	2:49.99	2:33.79	20
21	5:17.49	5:54.79	6:03.19	13-14 400 IM	5:46.79	5:34.19	5:02.39	22
23				11-12 200 Free Relay				24
25				13-14 400 Free Relay				26

Fastest heat of each Relay will swim at Finals.

FRIDAY, JULY 30, 2010- Afternoon Timed Finals								
Warm up 11:30 AM – Start 12:30 PM								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
27	1:06.79	1:14.59	1:18.39	15-19 100 Back	1:11.99	1:10.69	1:03.29	28
29	1:33.39	1:43.19	1:47.49	10/U 100 Breast	1:46.99	1:44.49	1:34.09	30
31	2:05.49	2:19.99	2:25.39	15-19 200 Free	2:17.39	2:08.79	1:55.39	32
33	2:36.39	2:52.79	2:59.89	10/U 200 Free	2:54.39	2:50.89	2:33.89	34
35	1:05.29	1:12.89	1:16.09	15-19 100 Fly	1:09.09	1:06.79	59.79	36
37	36.99	41.19	42.09	10/U 50 Fly	41.49	40.49	36.69	38
39	5:14.09	5:47.09	5:57.59	15-19 400 IM	5:29.99	5:19.49	4:49.09	40
41				10/U 200 Free Relay				42
43				15-19 400 Free Relay				44

Friday Finals, order of events

7	11-12 100 Breast	8
9	13-14 100 Back	10
11	11-12 200 Free	12
13	13-14 200 Free	14
15	11-12 50 Fly	16
17	13-14 100 Fly	18
19	11-12 200 Back	20
21	13-14 400 IM	22
23	11-12 200 Free Relay - fastest heat	24
25	13-14 400 Free Relay - fastest heat	26

ORDER OF EVENTS and QUALIFYING TIMES

SATURDAY, JULY 31, 2010 - Morning Prelims								
Warm up 6:30 AM – Start 8:00 AM								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
45	2:34.69	2:52.89	3:00.19	11-12 200 IM	2:58.09	2:52.59	2:35.19	46
47	2:25.69	2:42.69	2:51.99	13-14 200 Back	2:42.99	2:35.99	2:19.49	48
49	37.09	41.29	43.19	11-12 50 Breast	43.69	41.39	37.59	50
51	1:16.49	1:24.89	1:30.09	13-14 100 Breast	1:23.59	1:19.89	1:12.29	52
53	1:11.39	1:20.49	1:26.29	11-12 100 Back	1:24.09	1:19.69	1:12.09	54
55	2:28.59	2:44.19	2:49.59	13-14 200 Fly	2:41.59	2:37.19	2:22.29	56
57	28.59	31.99	33.59	11-12 50 Free	33.09	31.19	28.09	58
59	27.49	30.49	31.89	13-14 50 Free	30.69	28.49	25.49	60
61	2:44.69	3:01.99	3:07.89	11-12 200 Fly	3:02.19	2:54.89	2:38.29	62
63	5:48.69	5:04.49	5:16.59	13-14 400 Free	5:06.29	5:07.49	5:33.09	64
65				11-12 200 Med Relay				66
67				13-14 400 Med Relay				68

Fastest heat of each Relay will swim at Finals.

SATURDAY, JULY 31, 2010 - Afternoon Timed Finals								
Warm up 11:30 AM – Start 12:30 PM								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
69	2:26.49	2:43.49	2:47.59	15-19 200 Back	2:34.89	2:26.59	2:13.59	70
71	2:54.99	3:06.29	3:22.59	10/U 200 IM	3:20.89	3:16.09	2:56.29	72
73	1:15.79	1:24.59	1:29.79	15-19 100 Breast	1:20.59	1:16.49	1:09.19	74
75	41.99	46.49	48.79	10/U 50 Breast	48.99	47.79	42.99	76
77	2:28.00	2:42.79	2:44.69	15-19 200 Fly	2:32.19	2:28.69	2:14.59	78
79	1:21.19	1:29.89	1:35.49	10/U 100 Back	1:34.69	1:30.19	1:21.69	80
81	26.99	32.39	31.89	15-19 50 Free	28.79	26.89	24.09	82
83	31.99	35.79	38.49	10/U 50 Free	36.79	35.69	31.89	84
85	5:44.99	5:01.89	5:12.89	15-19 400 Free	4:53.29	4:40.29	5:20.29	86
87				10/U 200 Med Relay				88
89				15-19 400 Med Relay				90

Saturday Finals, order of events

45	11-12 200 IM	46
47	13-14 200 Back	48
49	11-12 50 Breast	50
51	13-14 100 Breast	52
53	11-12 100 Back	54
55	13-14 200 Fly	56
57	11-12 50 Free	58
59	13-14 50 Free	60
61	11-12 200 Fly	62
63	13-14 400 Free	64
65	11-12 200 Medley Relay – fastest heat	66
67	13-14 400 Medley Relay – fastest heat	68

ORDER OF EVENTS and QUALIFYING TIMES

SUNDAY, August 1, 2010- Morning Prelims

Warm up 6:30 AM – Start 8:00 AM

GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
91	33.09	36.79	39.19	11-12 50 Back	38.79	37.09	33.29	92
93	2:57.29	2:15.89	3:23.69	11-12 200 Breast	3:21.19	3:11.09	2:52.99	94
95	2:45.99	3:03.69	3:11.99	13-14 200 Breast	3:02.39	2:52.69	2:36.29	96
97	1:12.39	1:20.79	1:24.09	11-12 100 Fly	1:23.09	1:20.19	1:12.49	98
99	58.59	1:04.89	1:09.29	13-14 100 Free	1:06.39	1:01.89	55.59	100
101	1:01.19	1:08.39	1:13.59	11-12 100 Free	1:11.59	1:08.09	1:01.19	102
103	2:25.79	2:42.79	2:48.39	13-14 200 IM	2:44.59	2:41.29	2:18.99	104
105	5:38.09	6:15.39	6:20.09	11-12 400 IM	6:24.29	6:11.99	5:36.69	106
107				11-12 400 Free Relay				108
109	20:12.19	20:05.09	20:39.79	13-14 1500 Free	20:14.39	19:32.59	19:39.49	110

Fastest heat of 1500 Free will swim at finals; remaining heats of 13-14 year olds will swim at Prelims, fast to slow, alternating girls and boys.

Swimmers at Prelims must provide their own timer and counter.

The fastest heat of the 11-12 400 IM will swim at finals, all slower heats swim Fast to Slow

Fastest heat of each 11-12 Relay will swim at finals

SUNDAY, August 1, 2010 - Afternoon Timed Finals

Warm up 11:30 AM – Start 12:30 PM

GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
111	37.49	41.69	43.69	10/U 50 Back	44.69	42.09	37.79	112
113	2:47.29	3:06.79	3:08.49	15-19 200 Breast	2:54.29	2:45.89	2:30.09	114
115	1:25.79	1:34.19	1:39.69	10/U 100 Fly	1:38.19	1:36.29	1:26.69	116
117	58.39	1:04.89	1:08.09	15-19 100 Free	1:03.09	58.59	52.49	118
119	1:10.39	1:18.29	1:21.89	10/U 100 Free	1:21.59	1:17.59	1:10.19	120
121	2:24.99	2:43.29	2:46.09	15-19 200 IM	2:37.19	2:33.39	2:17.39	122
123				10/U 400 Free Relay				124
125	19:59.89	19:51.99	20:28.49	15-19 1500 Free	19:22.99	18:41.39	18:47.49	126

1500 free will swim fast to slow, alternating girls and boys. Swimmers must provide their own timer and counter for the 1500m.

Sunday Finals, order of events

107	11-12 400 Free Relay – fastest heat	108
109	13-14 1500 Free	
105	11-12 400IM	106
	13-14 1500 Free	110
91	11-12 50 Back	92
93	11-12 200 Breast	94
95	13-14 200 Breast	96
97	11-12 100 Fly	98
99	13-14 100 Free	100
101	11-12 100 Free	102
103	13-14 200 IM	104
105	11-12 200 IM	106

LONG COURSE JOs – SUMMARY SHEET
THIS SHEET MUST ACCOMPANY THE OFFICIAL ENTRY BLANK

TEAM _____ TEAM CODE _____

COACH _____ PHONE# _____

ADDRESS _____

E-MAIL _____

Person designated to receive entry limitation information, if needed:

Name: _____ Phone: _____

Email: _____

Mail Entries To:
Grant Forrest
103 Honors Lane,
State College, PA
16803
814-594-4646

e-mail: grant.forrest@comcast.net

ENTRY DEADLINE: 5PM MONDAY JULY 19th No entries accepted after this date.

Please make checks payable to: Nittany Lion Aquatic Club, one check per team, please.

ENTRY FEES:

_____ Individual Events @ \$5.00 \$ _____

_____ Relay Teams @ \$10.00 \$ _____

_____ Swimmer Surcharge @ \$5.00 \$ _____ (everybody pays this)

Total: \$ _____

Payment to be received by Friday, July 23, 2010

Total Swimmers Entered in Meet _____

I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.

Head Coach's Signature _____

